



National Nutrient Database for Standard Reference  
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Statistics Report 18984, AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type

Report Date: July 04, 2017 20:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	2.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Energy <sup>1</sup>	kcal	494	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Energy	kJ	2067	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Protein <sup>1</sup>	g	7.50	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Total lipid (fat) <sup>1</sup>	g	24.90	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Carbohydrate, by difference <sup>1</sup>	g	60.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary <sup>1</sup>	g	1.3	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Sugars, total <sup>1</sup>	g	13.50	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	160	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Iron, Fe <sup>1</sup>	mg	3.20	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Magnesium, Mg <sup>1</sup>	mg	11	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Phosphorus, P <sup>1</sup>	mg	175	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Potassium, K <sup>1</sup>	mg	281	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Sodium, Na <sup>1</sup>	mg	900	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin <sup>1</sup>	mg	0.400	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Riboflavin <sup>1</sup>	mg	0.260	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Niacin <sup>1</sup>	mg	3.500	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Folate, total <sup>1</sup>	µg	106	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	6.100	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total monounsaturated <sup>1</sup>	g	5.400	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total polyunsaturated <sup>1</sup>	g	12.100	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total trans <sup>1</sup>	g	0.320	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <sup>1</sup>	mg	3	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Sources of Data

<sup>1</sup>Kellogg, Co. Kellogg Company Products, 2012